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Learn to LIVE A POSITIVE LIFE

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FOREWORD

HIV/AIDS pandemic has posed multiple challenges before the mankind, particularly the custodians of health. Here is a disease which mainly affects people of younger age-group who are sexually and economically productive. The impact is painfully palpable on socio-cultural and economic aspects of many a countries. The problem is compounded by the non-availability of a curative treatment. Unfortunately people living with HIV/AIDS (PLWA) have to bear the brunt till such time that something effective against HIV disease is available and within reach of those who need it. Till such time the only option is to make vigorous efforts to prevent further spread of HIV. That is what the National AIDS Control Organization (NACO) is diligently doing.

The active role of PLWA in the success of National AIDS Control Programme (NACP) is necessary. They can play a very vital role in checking the further spread of HIV infection through minor adjustments in life styles. They need to assume responsibility towards the welfare of fellow countryman. The Government of India is committed to look after their interests, both physical and mental/emotional.

This booklet is aimed at reassuring the PLWA that their welfare is our prime concern. It contains basic information about HIV/AIDS which will help them in knowing what they ought to and what they ought not to do. It would also tell them about the measures they can adopt to help themselves. The Yogic exercises, Meditation practices and nutritive measures included in this volume are easy to do, cost effective, readily available and would consume little time without disrupting their normal daily routine. Also included is the information about homoeopathic and ayurvedic remedies which they can take for common ailments associated with HIV disease.

I would like to reassure PLWA that inspite of limited resources, we at NACO are committed to their welfare.

J.V.R.Prasada Rao
Project Director

Acknowledgment

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Dr. D. Sengupta
National Consultant

Introduction

HIV/AIDS has put forward a host of challenges. Here is a disease about which we have learnt too fast in too little a time. Yet its curative treatment or a prophylactic or therapeutic vaccine still remain elusive.

HIV infection has prompted resurgence of many diseases which had almost disappeared from the developed countries. One of these is *Mycobacterium tuberculosis* (TB). In many developing countries where TB is endemic, the problem is compounded and we have epidemics of HIV and TB running concurrently. This is proving to be a case of deadly alliance between the two.

Some of the infections such as *Pneumocystic Carinii pneumonia* (PCP), *Cytomegalovirus* (CMV), *Toxoplasma gondii* etc. which were rarely seen among healthy persons, are now frequently seen among HIV infected persons. A host of other infections such as *Candida albicans, Herpes zoster, Cryptococcus neoformans, Cryptosporidium* are also occurring in HIV infected individuals with sickening regularity. Although most of these infections respond to the available treatment if diagnosed and treated early, they tend to recur time and again affecting the already burdened immune system. Many developments in HIV infected persons are beyond their control. But many developments can be prevented or modified by making some changes in the normal daily routine such as undertaking some immune promoting yogic, pranayama (breathing exercise) and Meditation exercises, making useful additions to the diet and regulating eating and sleeping habits. One can also make deliberate effort to avoid situations which may make him sick. These changes are reported to have a beneficial effect on immune system. By adopting minor changes in life style, people with HIV may be able to slow down or may even check the progress of their infection and remain psychologically stable. This will lead to a sense of well being.

The exercises included in this volume are simple and can be practiced by anyone who does not have any major opportunistic infection. In such cases it would be better if a yoga expert is consulted. Homoeopathic remedies discussed here have been tried with benefit on people with HIV/AIDS. Ayurvedic remedies included herein are time tested for centuries. Homoeopathic and Ayurvedic remedies cost little and are easily available. One may take any of these remedies for the complaints for which they are prescribed. In case there is no relief after 4-5 days, a physician may be consulted.

HIV/AIDS

Human immunodeficiency virus (HIV) is a retrovirus that steadily damages the immune system and causes *acquired immunodeficiency syndrome* (AIDS). AIDS is characterized by occurrence of opportunist infections such as *Mycobacterium Tuberculosis* (TB), *Pneumocystis carinii* (PC), *Cytomegalovirus* (CMV), etc. and cancers such as Kaposi's Sarcoma (KS) and Non-Hodgkin's Lymphoma (NHL). These infections (except TB) and malignancies are uncommon in healthy persons.

Being HIV infected does not mean that one has AIDS. In fact, the person with HIV may remain physically healthy for many years. During this period, he can compete with anyone, both in mental and physical activities. AIDS is the late stage of HIV infection when many infections and other illnesses occur and make one disabled. The comfort lies in that most of these infections can be treated successfully.

When times are difficult and it is hard to keep your spirits up, remember that life is full of surprises....

How HIV is Transmitted

HIV infection is primarily a sexually transmitted infection. It is transmitted through unprotected sex with someone who is already infected by HIV and through transfusion of HIV infected blood or blood product (as in Haemophilia). It can also occur from needle and blade used on a person with HIV and not sterilised properly and from an infected mother to her baby before, during or soon after birth. Although risk is minimal, yet HIV can be transmitted through HIV infected mother's milk.

HIV can also be transmitted through sharing a needle without sterilizing it, particularly in those who use injectable drugs. Traditional customs such as circumcision or scarification, tattooing with unsterilised needles or blades can also spread HIV. Sharing a common razor at the barber's shop also hold some risk of transmitting HIV.

Although no documented cases of HIV transmission through kissing (wet, mouth to mouth) where salivary exchange takes place are reported, yet mouth to mouth kissing hold some risk. The saliva of infected person contains HIV in small volume that may not be sufficient to cause an infection, but once the virus enters the blood stream through spongy, inflamed gums, there is always a risk. In India, where nearly 60 per cent of the population have one or more inflammatory diseases of gums, transmission of HIV through saliva can possibly occur

The sexual transmission accounts for a majority of HIV infections (more than 80 per cent). As such the incidence is much higher in the sexually active age group of 15 years to 44 years.

Woman is more likely to get infected than a man

At the start of HIV pandemic, more men than women were infected. Now with the increase in heterosexual transmission, more women are infected because:-

- Semen contains a larger volume of virus than vaginal fluids.
- There is a high incidence of cervical erosion and inflammation that goes unnoticed in women. This facilitates easy viral entry through vaginal mucosa.

How is HIV not transmitted

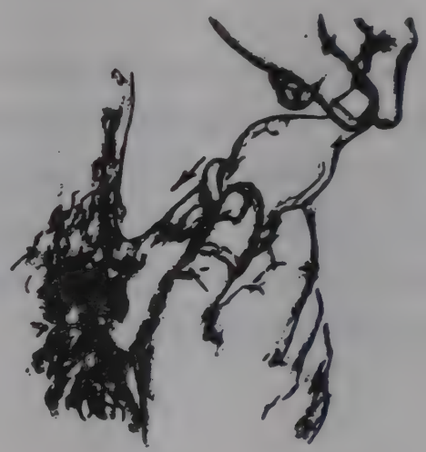
HIV does not spread by casual contact such as touching, holding hands, body contact in crowded public places, shaking hands, working or playing together, swimming pools and toilets; sharing food, vessels and clothes; eating food cooked by an infected person; light kissing, and mosquito and other insect bites.

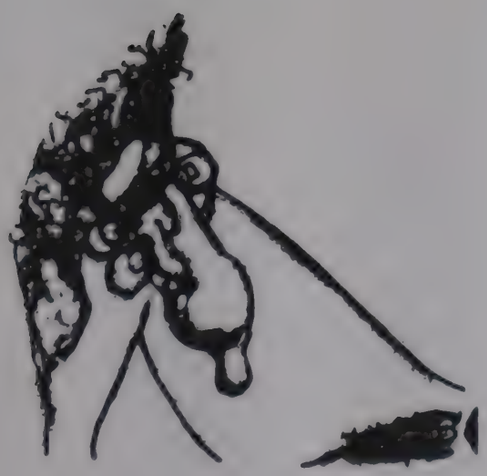
How Can you contribute to Check the Spread of HIV

1. You have an important role to play in checking the spread of HIV. Feel responsible. Make sure that you do not infect others. You can do this by not having sex with anyone. If you find it difficult to give up sex, make sure that you use condom every time you have sex. Condom used correctly minimise the chances of passing on HIV to your partner and your getting other sexually transmitted diseases. Sexually transmitted diseases hasten the progression of HIV infection. If you need to learn the technique of wearing a condom properly (see how to use Condom), consult a health worker or a counselor.
2. Avoid injuries. Avoid use of injectable drugs and take oral medication as far as possible.

How to use a Condom

- Take a good quality Condom
- Tear the foil wrapper and take the condom out. Do not unroll it.
- Hold the teat of the condom between the thumb and the forefinger and squeeze all the air out of the teat and put it on the top of the erect penis (male organ).
- Unroll the condom carefully over the full length of the erect penis.
- Have sexual intercourse as normally you have, check every now and again to make sure that the condom is on.
- While withdrawing after intercourse, hold the base (rim) of the condom firmly with the fingers on the male organ to avoid spilling of semen.
- Used condom should be wrapped in a paper and thrown with the household trash. It should not be thrown about indiscriminately.
- Condom should be used once only.
- Do not use oil based lubricants such as Vaseline or oil with a condom, for they break the condom. Use water based lubricants only, if you must i.e. cream.





How did HIV/AIDS come to India

HIV made relatively late entry in India when compared to other parts of the world. The first HIV infection was reported from Chennai in 1986 and the first AIDS case also was reported in 1986 from Mumbai. Its difficult to establish precisely as to when HIV entered India.

Current status of HIV/AIDS in India

Since the detection of first AIDS case in Mumbai in 1986, a total of 5104 cases of AIDS and 68835 HIV infections have been reported to National AIDS Control Organization (NACO) from different parts of the country by the end of November, 1996.

Future of HIV/AIDS in India

It is not possible to come up with exact figures of HIV/AIDS at the beginning of the 21st Century. Available information suggests that there may be millions of HIV infections in the country. WHO postulates that there will be as many as 5 million HIV infections in India at the turn of the century. Nearly 80 per cent of these will be among women.

There is no known cure for HIV/AIDS. Considering our vast country, multilingual society with religious and traditional values overriding all other considerations, and with only small percentage of people having excess to information technology , the situation appears to be grim if not beyond control. A mutually collaborative relationship between PLWA and the National AIDS Control Programme (NACP) can make a very significant contribution to the control of HIV/AIDS pandemic.

Signs and Symptoms of HIV/AIDS

Although AIDS is characterised by various opportunist infections which take advantage of the broken down immune system of the host, there are a number of common signs and symptoms representing these infections. As HIV infection progresses, these signs and symptoms become common place. These are:

- Diarrhoea, 3-5 watery or semi solid stools a day
- Fever (low grade), recurring
- Cough, dry, irritating
- Ulcer in the mouth or oesophagus (food pipe)
- Weakness
- Weight loss, unexplained

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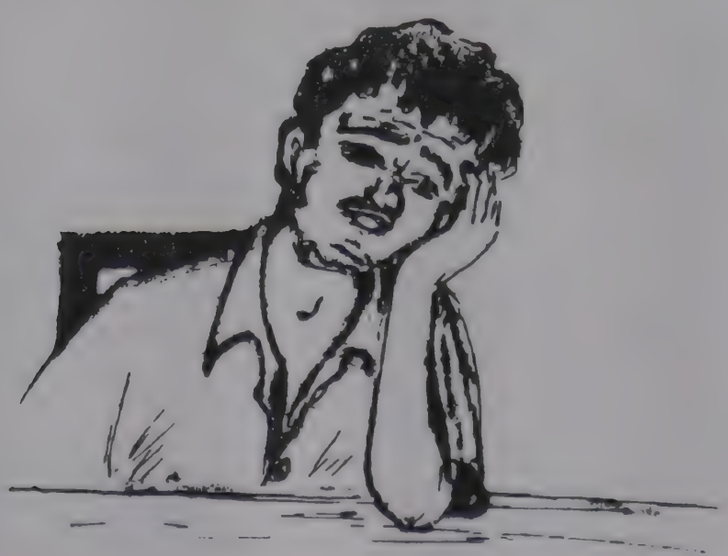
General Management of HIV Infection

HIV causes slow but progressive damage to the immune system which results in repeated infections and other AIDS related illnesses. By adopting certain healthy practices such as regulated eating and sleeping habits; practicing yogic, pranayama (breathing) exercises and meditation and by including naturally rich dietary supplements in food, the damage to the immune system can be slowed down or may even be checked. This helps in improving the quality of life. Therefore, it is necessary that management of PLWA, apart from drug therapy, should also include above supportive measures. Antiretroviral treatment and treatment of opportunistic infections should only be taken only under the guidance and supervision of an expert. Supportive measures discussed below may be adopted and practiced by PLWA without outside help.

(i) *Management of stress*

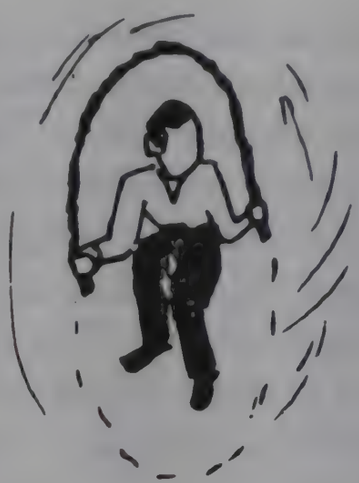
Stress and anxiety, common in people with HIV/AIDS, have a damaging effect on the person's ability to fight disease and maintain good health A stressful situation activates neurosecretary cells in hypothalamus which secrete corticotropin releasing factor (CRF) . A chain reaction occurs in pituitary gland and adrenal cortex. Adrenal cortex produces corticoid hormones in greater amounts and releases it into the blood stream. These corticosteroids further suppress the already broken down immune system.

It is seen that people with a positive mental attitude or approach can help themselves to fight infection. A sympathetic attitude of the patients' physician, relatives and acquaintances does wonder to the mental state of PLWA. In fact psychological support from any quarter help them overcome their periodic bouts of severe depression.



(ii) *Exercise and rest*

A person in good physical condition has a better chance of overcoming various infections that afflict PLWA. Regular practice of light exercises such as bicycling, jogging, brisk walk etc., depending on the physical state, is beneficial in both health and disease. Yogic exercises, known for their action on neuro-endocrine-immune axis, do good to the person with HIV. People with HIV should carry out their normal daily activity and take sufficient rest. Rest also helps the immune system (see yogic exercises, pranayama, meditation).



(iii) *Nutrition*

A person with AIDS finds it difficult to maintain a good nutritional status. As the disease progresses, lack of appetite, weakness and severe ulcers in the mouth and food pipe make them unable to eat adequately. He starts losing weight and soon a stage comes when he is emaciated. Malnourishment further hastens the progression of HIV infection. Many vitamins, minerals and nutrients are used up fast by PLWA. One way to overcome this deficiency is intake of healthy, well-balanced and nutritious diet.

A balanced and nutritious diet throughout the course of the HIV infection is beneficial for PLWA. Tobacco, alcohol and other non-prescription drugs i.e. marijuana, brown sugar (smack) suppress the immune system. These should be completely avoided. Honey and sprouted cereals, especially green lentils (Moong dal) provide wholesome food and necessary vitamins and minerals and are easy to digest. These should be included in the diet. Fruits and vegetable such as Apple, Guava, Banana, Carrots, Reddish, Cucumber, etc. which can be eaten raw, may be eaten so, liberally. These should be properly washed and cleaned before eating. Roasted cereals such as Gram (Chana), Corn (Makki) should be preferred to cooked food. Cooked food should be bare minimum. (see Appendix 1).

(iv) *Prevention of repeated HIV infection and of other infection*

Repeated exposure to HIV adds to the volume of HIV in the body. As a result, clinically active disease comes faster. People with HIV should, therefore, avoid repeated exposure to HIV. They should use condom every time they have sex, even when both the partners are HIV positive (see-How to use Condom). Condom reduces the risk of getting syphilis, gonorrhea, genital herpes, genital warts and other sexually transmitted infections which help convert a silent HIV disease into a serious disease and AIDS.

(v) *Change in life-style*

In India, HIV infection is mainly prevalent among (a) people belonging to the lower socio-economic segment and (b) the affluent class. The factors which adversely affect the course of the disease are smoking, drinking, late nights, drug addiction and diseases such as diabetes, hypertension and obesity. The progression of the disease can be slowed down by changing the life-style and also adopting positive health practices. It is beneficial for PLWA to avoid drugs and alcohol, tobacco, late nights. Instead they should eat good, fresh, nutritious food, drink plenty of clean water and engage in yogic exercises, pranayama and meditation. Not the least important is the practice 'early to bed and early to rise'. Make voluntary efforts for a change for a few days. Later it would become natural and part of daily life.

(vi) *Precautions in Health Care Settings*

People with HIV may need to attend hospital, clinic and dispensaries for various ailments not particularly related to HIV. They may need injections, blood transfusion and intravenous fluids. It is in their interest to avoid reinfection with HIV and cross infection with other blood borne infections like *hepatitis B, epstein barr virus, cytomegalovirus etc.* Therefore, they should not only insist upon but also ensure use of disposable needles and syringes or those properly sterilized.

Yogic exercises

Yogic and Pranayama (breathing) exercises and meditation have been practiced in the orient from time immemorial. While rishis and saints of the yore practiced them for realisation of the self, common man practices them to remain healthy and for improveing in quality of life.

Scientists have discovered that a person's physical and mental health depends on chemicals secreted by brain and body cells. Regular practice of yogic exercises alters brain chemistry. They slow down the production of stress hormones and help one to cope up with stressful conditions effectively and induce a sense of well being. These exercises may not enable one to remove HIV from one's system but they definitely help him to remain relatively healthy and psychologically stable.

There are scores of yogic exercises. Many of these are simple to practice without the guidance and supervision of an expert. A set of 12 simple exercises which collectively form salutation to the Sun, the eternal source of energy, are advised. These exercises provide desirable stretch to all the muscles in the body thereby stimulating all vital organs and endocrine glands. These exercises can be practiced by anyone. Before practicing the following points need to be remembered:

1. The exercises should prefarably be practiced on an empty stomach at sun-rise in the morning.
2. Every movement should be slow and graceful (there should not be any jerky movement).
3. If at first one is not able to bend as prescribed, he should not be disheartened, but persist with the practice and in a week's time he shall be able to exercise as shown in the pictures.
4. The complete set of 12 exercises may be practiced atleast six times at one go to derive maximum benefit.
5. The entire exercise session will take about 15-20 minutes in the beginning. Later it will take still less time.
6. If a person knows about other yogic exercises, he may also practice them.

Yogic exercises should be followed by Shavasana (See picture) as discussed below:

1. Lie on your back in a comfortable position.
2. Relax your arms and legs.
3. Breath in and breath out slowly.
4. Let go every hard feeling.
5. Think of good and good only.
6. A soothing sensation will flow through out your body.
7. Enjoy it.
8. This should be done for a maximum of 15 minutes only.

Caution: After Shavasana the body temperature, respiration rate and blood pressure falls. As such, avoid exposure to cold air soon after. Remain sitting in the room where you practice Shavasana for a few minutes and then move out, if you have to.

Salutation to the SUN, the Eternal Source of Energy*

Salutation to the Sun comprises of a sequence of 12 asanas/postures adopted to draw in peace, harmony and strength in the body. Each step flows into the next in a graceful and continuous movement. The series of exercises activates all the endocrine glands and energise the entire body in a balanced way. These simple exercises fight aging and rejuvenate the entire body and bring about a sense of well-being and harmony. Ideally these exercises should be performed early in the morning, exposing the body to the Sun's rays. But if, for some reasons, these cannot be performed in the morning, one may practice in the evening on an empty stomach, in a well ventilated room. Remember you do not have to exert yourself. Initially you may find it difficult to assume all the postures as prescribed. Persist and you will be able to practice them perfectly in a week's time. Breathe as you normally do. If you feel any discomfort, consult the expert.

*Text adapted from Surya Manaskar, Twelve steps to eternal youth- Life Positive, April, 1997, New Delhi

Salutation to the Sun

Step-1

Breathe out (exhale), fold your hands in front of your chest as in picture-1 and concentrate on the region of your heart. Remain standing in this position for a few seconds and then move on to step-2.

Exercise-2

Breathe in (inhale) slowly and deeply and raise your hands above your head and stretch (mildly bend) backward, keeping your eyes open (if you close your eyes, you may feel giddy). Concentrate on your throat. Remain in this position for a few seconds and them move on to Step-3.

Step-3

Exhale and bend forward and touch the ground with the palms. If you are not able to bend completely, bend as far as possible and then bend your knees to rest your palms on the ground. Concentrate at the root of your spine. Hold in this position for a few seconds and then move on to step 4.

Step-4

Inhale and bend the left leg while stretching the right leg backwards with your toes and knees touching the ground. Look upward towards the sky. Concentrate on your forehead. While you do this, hold your breath. Remain in this position for a few seconds and then move on to the step 5.

Step-5

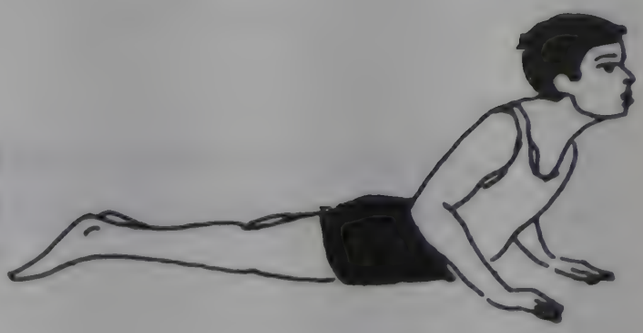
While still holding your breath, move the other leg back and lift both knees above the ground. The heels, hips, head are now in one line. Concentrate on your neck. Remain in this position for a few seconds. While still holding your breath, move on to the step 6.

Step-6

Exhale and bring your body to the ground so that all eight parts of your body touch the ground. Only abdomen and nose are off the ground. Concentrate on your naval. Remain in this position for a few seconds and them move on to step 7.

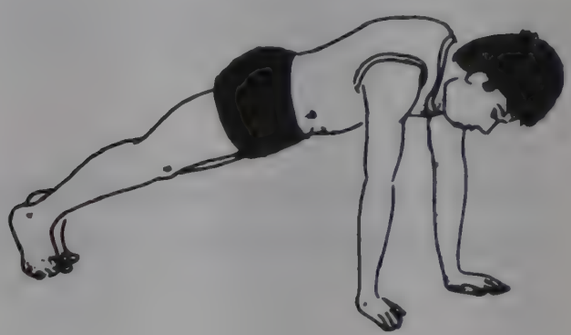
Step-7

Inhale as you slowly raise your chest , straighten the arms and bend your head backward. Concentrate on the root of your spine. Hold your breath for a few seconds and then move on to step 8.



Step-8

Exhale and bend forward as in the picture-8. Concentrate on your neck.

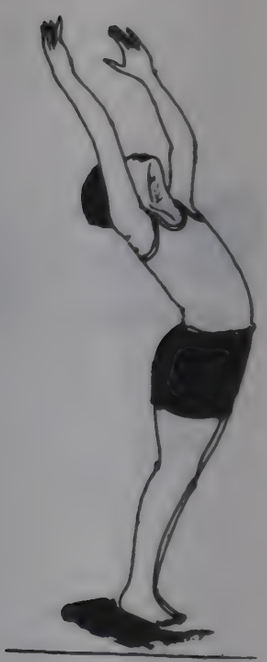


Step-9

Inhale and come down as in posture at step 4, folding the left and stretching the right leg. Concentrate on your forehead. While still holding your breath, remain in this position for a few seconds and them move on to step 10.

Step-10

Exhale and raise your body as in bending position at step 3. Concentrate at the root of your spine.



Step-11

Inhale and raise yourself completely stretching backwards as in step 2. Concentrate on neck.

Step-12

Exhale and bring your hands in the same position as in step-1. Concentrate on the heart.

Pranayama (Breathing) Exercise

There are many pranayama exercises mentioned in the literature on yoga. The one discussed below is simplest and can be practiced by anyone.

1. Sit with straight back or lie down in a comfortable position.
2. Close your eyes gently and fix your gaze at the tip of the nose.
3. Breathe in (inhale) slowly and fill the lungs.
4. Hold the breath in for a few seconds.
5. Breathe out (exhale) slowly and empty the lungs.
6. All this while continue to look at the tip of your nose with closed eyes.
7. One may concentrate on the breath when he takes it in, hold and exhale.
8. There should not be any hurried action. Every step has to be gentle and slow.
9. The above exercise may be repeated several times (20-25 times).

Meditation

Meditation is practiced by different people for different purposes. Some benefits, such as lowering of anxiety, blood pressure etc. are common and experienced by all. The following is a simple meditation exercise which can be easily practiced by people with HIV/AIDS.

1. Sit with straight back or lie down in a comfortable position.
2. Close your eyes and fix your gaze on the tip of your nose or a point between the eyebrows.
3. Think of something dear to you or anything else you like the most.
4. Contemplate on its various features e.g. in case of a flower you can think of its colour, petals, stem, leaves and fragrance etc. Think of any change you would like in the flower.
5. You will find that you are able to concentrate your thoughts.
6. Practice this for 15-20 minutes in the morning and evenings every day.
7. Practice meditation in solitude and at a clean and fixed place regularly. It helps.

Clinical management of HIV related illnesses

Asymptomatic HIV Infection

People with HIV usually have negative emotions such as sudden shock at the realisation, anger on the self and others, depression, a sense of loneliness, fear of losing the job, respect in the society, pain, hopelessness and death. These negative emotions cause stress which have bad effect on the immune system that is already under attack by HIV. To overcome these negative emotions it is necessary that one adopts measures which have beneficial action on immune system such as yogic and pranayama and meditation exercises and include naturally rich nutritive dietary supplements in their food. This way they will maintain a relatively stable immune system and will be able to fight effectively with HIV. Meditation helps minimise the bad effects of stress and in developing positive attitude towards life and a sense of hopefulness.

Certain homoeopathic and ayurvedic remedies have immune promoting properties. These remedies have no known toxic or side effects and no drug resistance is reported even after their prolonged use.

Homoeopathic remedies

1. *Aconitum Napellus* is very useful in overcoming initial shock and anxiety which follows immediately after knowing that one is HIV positive. Fear of death clouds the mind. Aconitum calms the nerves and relaxes the individual. May be taken in 30 potency, every 15-20 minutes. Two to three doses in all. If the condition repeats itself, it may be repeated as prescribed above.

2. *Nux Vomica*, in homoeopathic potency, is a natural tranquiliser. It removes anxiety and soothes the nerves when taken at bed time. May be taken in 30 potency once before going to bed, as and when needed.

Ayurvedic Remedies

1. *Asvagandha* (winter cherry), root powder, 3-6 gm to be taken with milk, twice a day.

2. *Amalaki* (Emlica myrobalan), fruit powder, 3-6 gm to be taken with milk, twice a day.

3. *Madhuyasti* (Licorice, Mulaithi), root powder, 3-6 gm with milk, twice a day.

Common Clinical Manifestations of HIV/AIDS and their Allopathic, Homoeopathic and Ayurvedic Remedies

Diarrhoea

Diarrhoea (loose stool) is one of the most common clinical manifestations of HIV disease occurring in about 86 per cent of the cases. Diarrhoea with 3-4 stools a day lasting for many days at a stretch is common. The stool may be watery or semi-solid. Rice porridge (Khichri) or rice and curd (Dahi) eaten together generally helps. One can take 1-2 ripe bananas a day as well. Diet should include plenty of fluids such as water, water in which rice or a cereal has been cooked, weakly sweetened tea, preferably with a pinch of salt, Barley and coconut water. It is not necessary to have all of these, one may take whatever is conveniently available. What is necessary is that sufficient fluids be taken to avoid water loss from body or dehydration. One can also take oral rehydration solution (ORS), available with the Chemist. Prepare the ORS according to the directions mentioned on the packet and take in recommended quantities. Alternatively, frequent sips of Electral solution may be taken. Make sure that you drink one full cup or more of water every time you pass watery stool.

Allopathic Drug

1. *Loperamide*- 1 capsule after every stool till diarrhoea stops.

Homoeopathic Remedies

1. *Mercurius Solubilis* - Almost a specific for diarrhoea in PLWA. Watery, slimy, frothy stools. The stools are frequent and in small quantities. Violent and frequent urging before passing stools. Burning, itching and soreness of the anus. Profuse perspiration on least exertion. Profuse salivation with excessive thirst for cold drinks. Restless sleep. May be taken in 30 potency, 3-4 times a day for 3 days.
2. *Arsenicum Album*- Often indicated in diarrhoea in PLWA. Stool, semisolid or watery, strong smelling and often accompanied by vomiting. Burning thirst for small quantities of water. Restlessness and anxiety is marked and common. Stools are induced by eating and drinking and are followed by great weakness. May be taken in 30 potency , 3-4 times a day for 3 days.
3. *Argentum Nitricum*- Diarrhoea caused by negative emotions such as fears and anxiety, common in people with HIV. Stools are green, flaky like spinach, mucus with excessive flatulence. Diarrhoea is worse after eating sugary things. It soothes the nerves and relaxes. May be taken in 30 potency , 3-4 times a day for 3 days.

4. *Aloe Socotrina*- Diarrhoea, often driving out of bed in the morning. Stool yellow, fecal with great rumbling in abdomen, with strong smelling flatus. Violent urging precedes the stool. Stool is aggravated by eating and drinking anything. May be taken in 30 potency, three times a day for 3 days.

5. Cinchona Officinalis (China)- Undigested, frothy, yellow painless stools, worse at night, from fruits, milk and beer. Stools are accompanied by great flatulence and followed by weakness. May be taken in 30 potency, three times a day for 4-5 days.

Ayurvedic Remedies

1. *Dadima* or Anar (Pomegranate). Seed powder or Jira (Cumin seed) powder, 5-10 gm to be taken with rice gruel (Mandh- water in which rice has been cooked) or Moong dal soup twice a day.

2. *Hingu* (Asafoetida) Commonly available Heeng, 1 gm fried in ghee with rice gruel or moong dal soup twice a day.

3. *Bilva or* Bael Fruit(Aegle marmelos) powder of the pulp of unripe fruit, 3-6 gm in butter milk (Chacha or Mattha), three time a day.

4. *Musta* (Motha) rhizome powder, 3-6 gm, with water, three times daily.

5. *Kutaja ghana vati*, 2 tablets, with water, three times a day.

6. *Satapuspadi curna,* 3-6 gm, with water, three times a day.

7. *Bilvadi curna,* 3-6 gm, three times a day.

Cough

Cough (Kasa or Khansi) is another common manifestation among HIV infected persons, present in about 70 per cent of the cases. It may be due to local causes such as sore throat, tonsillitis, laryngitis, pharyngitis etc. or due to some underlying respiratory infection such as bronchitis, pneumonia, tuberculosis etc. If fever, breathlessness, loss of appetite and loss of weight is/are accompanying cough, physician should be consulted to find out the cause and for appropriate treatment. If cough is not associated with one or more of the above symptoms, the following medicines, as may be easily available, may be taken. Meanwhile a little hot water may be sipped repeatedly. It provides relief. Avoid cold things. If the cough persists or increases, physician may be consulted.

Allopathic Drug

1. *Linctus Codein Phos*- 1 teaspoonful, as and when needed (SOS).

Homoeopathic Remedies

1. *Arsenicum Album*- Dry cough with little or no expectoration. Cough with sudden choking and expectoration of phlegm in lumps. Night coughs, usually worse at midnight. Must sit up in bed when cough sets in at night. Cough may induce dyspnoea. Expectoration, however little, provides some relief. Cough is accompanied by restless and anxiety. Thirst for small quantities of water at short intervals. May be taken in 30 potency , 3-4 times a day for 3 days.

2. *Bryonia Alba*- Dry cough preceded by irritation and tickling sensation in throat. Often hacking cough, as if phlegm is lodged in trachea. Cough is worse by talking and smoking. Pain in chest during cough, must hold and press the chest with both hands. Cough often induces involuntary discharge of urine. Cough worse at night and better during daytime in open air and is often better from warm drinks. May be taken in 30 potency, 3-4 times a day for 3 days.

3. *Causticum*- Dry, hollow cough with hoarseness of voice. Hacking cough follows a sensation of rawness in the throat. Cough is worse by inhaling cold air, from evening till midnight, on awaking and better by a sip or two of cold water. May be taken in 30 potency , 3-4 times a day for 3 days.

4. *Carbo vegetabilis*- Cough accompanied by greenish, yellow, offensive expectoration. Spasmodic, hollow cough in short bouts. Burning pain in the chest after the cough. Cough causes hoarseness. Cough is usually worse in the evening, when walking in the open air, after lying down in bed. May be taken in 30 potency , 3-4 times a day for 3 days.

5. *Nux Vomica-* Cough, dry, from tickling in the laryngeal region. Cough is worse after midnight and in the morning. Cough causes headache, pain in the stomach and soreness in the abdominal muscles. Cough is also worse from tobacco, eating and better from warm drinks. May be taken in 30 potency , 3-4 times a day for 3 days. Should be avoided on empty stomach. The last dose at night should be just before going to bed.

6. *Pulsatilla-* Cough induces violent shaking of the body. Spasmodic cough usually in paroxysms excited by a feeling of dryness, scratching and itching in the chest. Cough, loose with yellowish green expectoration during the day and dry at night. Cough is worse indoors and at night and better in open air and outdoors. Cough may be accompanied by thirstlessness or thirst for cold water. May be taken in 30 potency, 3-4 times a day for 3 days.

7. *Justicia Adhatoda-* Justicia adhatoda almost always provides relief from cough. The indications are: dry cough with hoarseness. Paroxysmal cough, with sensation of suffocative feeling in the chest. Tightness in the chest. Often the cough is followed by dyspnoea (laboured breathing). May be taken in 6 potency, three times a day for a week.

Ayurvedic Remedies

1. *Tulasi (Ocimum sanctum),* 2 ml juice of the leaves mixed with 1 spoonful of honey may be taken three times a day.

2. *Ardarak (Ginger),* 6-7 ml fresh juice mixed with one tablespoonful of honey may be taken three times a day.

3. *Vasa (Arusa),* 10-15 ml juice of the leaves with one tablespoonful of honey, three times a day.

4. *Pippali (long pepper),* 250 mg powder mixed with one teaspoonful of honey, may be taken three times a day.

5. *Vasavaleha,* 5 gm, with water, three times a day.

6. *Kantakari Avaleha,* 5 gm, with water, three times a day.

7. *Lavanga (2-3) or a Bibhitaka (Bahera)* fruit (after removing the seed), to be chewed/ sucked three-four times a day.

8. *Vyosadi vati or khadiradi vati,* to be chewed/sucked three-four times a day.

Fever

Fever is another most common manifestation of HIV disease. It may be due to HIV itself or due to some other underlying infection, presented by 85 per cent of the cases. A physician may be consulted to find out the cause and appropriate treatment. Drink plenty of fresh tepid water. In case of common seasonal fever any one of the following medicines may be taken. In case the fever persists for more than 2-3 days, a physician may be consulted.

Allopathic Drug

1. *Paracetamol*-500 mg, three times a day until fever disappears.

Homoeopathic Remedies

1. *Baptisia Tinctoria*- Tendency to have chronic fever. Chills, fever and sweat appear in that order, usually in the afternoons. Feels chilly in the back through out the day. Soreness all over with flushes of heat and burning pains in single parts, especially face. Limbs hot but feel cold. Fever with uneasiness and restlessness. Low grade fever. May be taken in 30 potency , 3-4 times a day for 3 days.

2. *Arsenicum Album*- Fever, intermittent with great weakness and restlessness. Fever is accompanied by thirst for small quantities of water. Desires warm drinks. Patient is so weak that he finds it very difficult to move in his bed but restlessness keeps him moving. Pale sunken face with bloated abdomen. Fear of death. Strong smelling watery diarrhoea. May be taken in 30 potency , 3-4 times a day for 3 days.

3. *Carbo Vegetabilis*- Low grade fever. Irregular paroxysms. Heat without thirst, with anxiety and loquacity, breathlessness. Patient is cold to touch but prefers to be fanned all the time. Great weakness and exhaustion. Flatulence after eating and drinking. All excretions are strong smelling. May be taken in 30 potency , 3-4 times a day for 3 days.

4. *Natrum Muriaticum*- Chronic intermittent fever. Patient complains of headache and thirst. Both are marked. Chills usually in the morning accompanied by thirst. Thirst is so prominent that it runs through all the stages- Chills, fever and sweating. Patient is emaciated and has sallow complexion. Patient has an unexplained craving for salty things. May be taken in 30 potency , 3-4 times a day for 3 days.

Ayurvedic Remedies

1. *Guduci or Giloya*, 10 ml of fresh juice of leaves or stem, mixed with one tablespoonful of honey, three time a day.
2. *Sudarshana Ghana vati*, 1 gm, with water, three times a day.
3. *'Ayush-64'*, as per directions on the container.
4. *Godanti Bhasma*, 500 mg, with 5-10 ml fresh Tulasi leaves juice, three times a day.
5. *Guduci satva*, 1 gm, with water, three times a day.
6. *Parijats (Harsingar)* Patra Svarasa, 10 ml mixed with one tablespoonful of honey, three times a day.

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Anorexia (loss of appetite)

HIV infected persons experience anorexia (loss of appetite) at regular intervals. In majority of the cases it is due to negative emotions such as anger, fears, anxiety, hatred, hopelessness etc. It may be due to some other disease such as diarrhoea, pneumonia. tuberculosis etc. A physician should be consulted to find out the cause and appropriate treatment. In case of simple anorexia, the following medicines may prove beneficial. Any one of these may be taken at a time. If anorexia still persists, a physician should be consulted.

Homoeopathic Remedies

There are no specific homoeopathic remedies for anorexia. Nux vomica 30 taken once at bedtime is beneficial. The cause of anorexia need to be ascertained and appropriate remedy selected. The remedies discussed here for other complaints will prove beneficial for anorexia as well provided their symptoms match.

Ayurvedic Remedies

1. *Ardraka* (Ginger), fresh 5 gm to be taken with salt two times a day before meals.
2. *Nimbu* (Lemon), kali mirch (Black pepper) powder and salt sprinkled on a slice and sucked, 2-3 times a day..
3. *Lavan Bhaskara Curna,* 3-6 gm, with warm water, after meals.
4. *Dadimastaka Curna,* 3-6 gm, with water, three times a day.
5. *Jirakadyarista,* 15 ml, with water, after meals.

Anxiety / Sleeplessness

Anxiety accompanied by insomnia or sleeplessness is experienced sometime or other by all persons with HIV. In the initial stage it may be purely psycological. But in later stage when AIDS related illness(s) are present, anxiety may be due to distressed breathing, pains or fear of death. One should consult a physician to find out the cause of the anxious state and appropriate treatment.

Allopathic Drugs

1. *Alprozolam* 0.5 mg, one tablet at bedtime, OR
2. *Valium* 2.5 mg. one tablet at bedtime, OR
3. *Lorazepam* 1 mg. one tablet at bedtime.

Homoeopathic Remedy

1. *Nux Vomica*- It allays fear, removes anxiety, relieves mental and physical stress and induces a restful sleep when taken just before going to bed at night. May be taken in 30 potency, three times a day for 3 days. Later, once only at bedtime.

Ayurvedic Remedies

1. *Jatamansi Curna,* 3 gm, with water, twice a day.
2. *Sankha puspi* (Somkhahuli) Svarasa, 10 ml mixed with a tablespoonful of honey, three times a day.
3. *Brahmi Svarasa,* 10 ml, with water, three times a day.
4. *Vaca Curna,* 1gm, with water, three times a day.
5. *Asvagandha Curna,* 3 gm may be taken with a cup of milk, three times a day.
6. *Sarasvatarista,* 15 ml, after meals.
7. *Brahmi vati,* 2 tablets with water, twice a day.
8. *Sankha puspi syrup,* 5ml, with water, twice a day.

Mouth Sores/Ulcers

Allopathic Drugs

1. 1% gentian violet solution or Clotrimazole paint may be applied locally with the help of a sterile cotton bud.

   OR

2 Clotrimazole mouth wash.

Homoeopathic Remedies

1. *Mercurius solubilis* almost always helps. Profuse salivation, metallic taste in mouth small tiny ulcers on the inner surface of lips and cheeks, intense pain. May be taken in 30 potency three times a day for 4-5 days.

2. *Calendula mouth* wash or paint- One tablespoonful of Calendula mother tincture mixed in about 100 ml of clean water may be used as mouth wash, twice a day, including at bedtime/before going to sleep. One tablespoonful of Calendula mother tincture mixed in 3 tablespoonful of Glycerin may be used as mouth and gum paint. The solution may be shaken vigorously every time it is used.

Note:

- Allopathic, homoeopathic or ayurvedic medicines included in this guide are only suggestive and may only be used for a short period as recommended. In case there is no response, an expert may be consulted.
- Allopathic drugs included in this guide are available on over the counter basis (OTC). However, a judicious use under the supervision of an expert physician is recommended.
- Homoeopathic remedies included here are manufactured in India and readily available with homoeopathic chemists. Remedy whose symptoms meet with that of patients's, may be taken.
- Ayurvedic remedies mentioned here are both Formulations (manufactured by Ayurvedic manufacturers) and single remedy. Formulations are available with Ayurvedic Stores and single drugs are available with spices dealer. Any formulation/drug that is easily available, may be taken.
- In case of difficulty you may contact persons mentioned at the end of this guide.

APPENDIX 1

Suggestive Dietary Tips

SIGNS/SYMPTOMS	TIPS	SUGGESTIVE DIET
Mouth Sores/ Difficult Swallowing	• Eat soft and moderately warm food • Eat flavoured foods, but avoid spicy and hot items	• Finely minced meat (keema) • Flavoured rice (well cooked) • Bananas and cool porridge (rice/ Suji kheer) • Khichri (rice and green lentils-Moong dal),
Nausea/Vomiting	• Eat smaller meals, but frequently • Drink plenty of liquids • Eat low fat food • Eat salty food	• Preserved foods stimulates appetite • Vegetable soups • Steamed or stir fry meat and/or vegetables
Diarrhoea	• Eat low fat food • Lactose free dairy products	• Khichri, rice, bananas • Yogurt (dahi) • Skimmed milk
Anaemia	• Foods high in iron	• Honey, sprouted green lentils (Moon dal), black gram (Chana) • Liver, red meat, fish, poultry and dark green vegetables. e.g. spinach, cabbage, Mustard etc.
Loss of Appetite	• High caloric foods • High protein, high energy supplements	• Nuts and sprouted/roasted grains • Honey with a dash of Lemon in water

Note:
- Vegetables and fruits which can be eaten raw must be eaten raw e.g. Cucumber (Kheera), Carrot(Gajar), Reddish(Mooli), Apple, Guava, Bananas, Guava etc.
- Grains that can be eaten in roasted form must be eaten so e.g. Black Gram
- Drink plenty of fresh, filtered water or boiled and cooled water
- Chew properly whatever you eat.
- Eat as much as you would like without causing discomfort but make sure that you eat wholesome and nutritious food.

Golden Rules for Maintenance of Good Hygiene at Home

ALWAYS Wash your hands before you-	• Cook food • Eat meals • Feed another person • Taking/Giving medicine • Change soiled bedding • Put dressing on the wounds
ALWAYS wash your hands after you	• Cook food • Eat meals • Feed another person • Change soiled bedding • Use a toilet • Change nappies • Put dressing on the wounds
ALWAYS protect yourself from cuts	• Be careful, avoid cuts and injuries • Cuts and wounds should be washed with water and soap and treated with antiseptic solution and covered with a waterproof dressing
MAKE SURE that you	• Decontaminate the blood spills at home and at workplace. 5 gm of house-hold bleach powder dissolved in 100 ml of water makes an effective solution. This solution (double the quantity of blood spill) may be gently poured over the spill and wiped clean after sometime. The wiper (cloth) should be disposed off properly.

Precautions that ensure good hygiene

- Use clean water as far as possible. Boil drinking water, especially for young children.
- Wash bed linen, towels and clothes with soap and water. Soiled linen may preferably be washed in hot water.
- Store food properly so as to prevent it from spoiling.
- When someone in the family is sick, wash drinking cups and tumblers before sharing them.
- Cover your mouth when coughing or sneezing.
- Avoid spitting or else spit in a container.
- Kiss babies on their forehead and not on their lips.
- Wash eating utensils, including those for babies and children, with soap and water.
- Wash all raw fruits and vegetables with clean water before eating.
- Dispose off waste properly e.g. by using latrine or by burning or burying

Appendix 3

For help and guidance, please contact :-

S.no.	Consultant	Specialisation
1.	Dr. D.Sengupta, National Consultant, National AIDS Control Organisation, Room No. 537, Nirman Bhawan, Ministry of Health and Family Welfare, New Delhi-110011 Dr. Ram Manohar Lohia Hospital, New Delhi 110001 Room No. 53-A, OPD Tel 3016773 (NACO); 3365525 Ext. 418(RML), 2942545(Res)	• Antiretroviral treatment • Treatment of opportunistic infections, • Nutrition· Counseling
2.	Dr. V. P.Singh , Central Council for Research in Homoeopathy, Room No. 304, 61-65 Institutional Area, D.Block, Janakpuri, New Delhi-58 Tel No. 5592651- 5614970-72 (Off) 5613526(Res)	• Homoeopathic treatment • Yoga and Meditation Nutrition • Counseling
3.	Dr.Vikram Singh / Dr.S.K. Dey, Regional Research Institute of Homoeopathy, CMP Homoeopathic Medical College and Hospital, Irla Naka, Vile Parle (West), Mumbai-400056 ; Tel No. 6238565	• Homoeopathic treatment • Counseling
4.	Prof. K.Jayapaul, Dr. S. Bhubaneshwari, Clinical Research Unit (Homoeopathy), Institute of Venereology, Chennai Medical College and Govt. General Hospital, Chennai 600 023 Tel. No. 563131 Ext. 75	• Venereal diseases' treatment • Homoeopathic treatment • Counseling
5.	Dr. Prem Kishore, Central Research Institute for Ayurveda, Road No. 66, Punjabi Bagh, New Delhi-110026 Tel No. 5411059	• Ayurvedic treatment • Counseling
6.	Prof. (Mrs) Alka Deshpande, Head, Department of Medicine, Grant Medical College and J.J. Group of Hospitals, Bycula, Mumbai Tel. 5154523	• Antiretroviral treatment • Treatment of opportunistic infections,

S.no.	Consultant	Specialisation
7.	Dr. K. Banerjee, Associate Professor, Department of Medicine, Calcutta Medical College, College Street, Calcutta Tel. 3378017 (Res)	• Antiretroviral treatment • Treatment of opportunistic infections,
8.	Prof. Neena Gupta, Head, Department of Preventive and Social Medicine,Maulana Azad Medical College,New Delhi 110002	• Counseling • Counseling
9.	Dr. Jacob K. John,Christian Medical College, Vellore, Tamilnadu 6320002 Tel. 22603	
10.	Prof. Vimala Nadkarni, Head, Department of Medical and Psychiatric Social Work, Tata Institute of Social Sciences, Post Box 8212, Sion Trombay Road, Deonar,Mumbai 400083 Tel. 5563290-96	• Counseling
11.	Dr. S.N.Chaudhuri, Director, Child in Need Institute, Post Box 16742, Calcutta 700027 Tel 4678192; 4671206; 4670241	• Counseling
12.	Mr. C.G.Chandra, Secretary, Vivekanand Education Society, 25/1A, D.H.Road, Arcadia, Calcutta Tel. 4680365; 4681550	• Counseling
13.	NAZ Foundation, New Delhi Tel. 6851970; 6851971	• Counseling
14.	AIDS Awareness Group, New Delhi Tel. 6187953; 6187954	• Counseling
15.	SHARAN, New Delhi Tel. 6858086	• Counseling
16.	CHELSEA, New Delhi Tel. 8524686; 8539874	• Counseling
17.	NGO AIDS Cell, New Delhi Tel. 6852785	• Counseling
18.	AIDS Hotline, New Delhi Tel 1097 (24 hours)	• Information • Guidance • Help

For information, please contact :-

State AIDS Programme	Telephone	Fax
Officer		
Agartala	221614	----
Bangalore	2251592, 2251593 2875832	2251593
Bhopal	557565, 551559 550189	551719
Bhubaneshwar	400536 (DHS)	----
Calcutta	7197	----
Chandigarh (Haryana)	770144	----
Chandigarh (Union Territory)	543216	543216
Chandigarh (Punjab)	600646, 600994	609142
Chennai	8254917, 8255467	8255261 8267464
Daman	54870, 50570	54610
Delhi	7279927	7162005
Gandhinagar	786629	20460
Gangtok	25343	----
Guwahati	565276	561630
Hyderabad	4657221	----
Imphal	310796	310964, 310247
Jaipur	380068	381858
Jammu	473458	----
Kavarathi (Lakshadweep)	62317	----
Kohima	22626, 22690	----
Lucknow	280596	280596
Mumbai	2621006, 2620292	2621062
New Itanagar	44470, 45360	44248
Panaji	225538, 225540	----
Patna	227770	224608
Pondicherry	43596	43596
Port Blair	30858, 31176	03192, 31176
Shillong	227122, 223140	224354
Shimla	258940, 221424	----
Silvasa	42209	----
Tiruvananthapuram	444882, 445183	445183
Helpline (24 hours) Free of Charge	011-1097	----

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When times are difficult and it is hard to keep your spirits up, remember that life is full of surprises....

ADOLESCENTS AND YOUTH

During 1993, half of the newly infected in the world were adolescents and young adults.

Therefore, adolescents and young adults have the right to know about HIV/AIDS in order to protect themselves.

Sex education encourages a responsible attitude towards sex rather than early experimentation.

Source : World Health Organisation